Community Resource Manual

91-06337/

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INTRODUCTION

EVERYONE WINS is a program about healthy lifestyles. It is about the decisions we make everyday that affect our health. Seven key lifestyle issues are the focus of Everyone Wins: nutrition, physical fitness, stress, accident prevention, alcohol and drug abuse, smoking, and communicable diseases. You can improve the quality of your life and health by making changes in these areas and developing a "health promoting lifestyle".

Health Promotion is:

- the process of enabling individuals to increase control over, and improve, their health
- movement towards a positive health focus

BACKGROUND

This booklet supports **Healthy Living Goals A Design for Health Promotion in the 1990s.** That publication is a working tool for individuals, communities, agencies, organizations, health service providers and government bodies. It will help them identify and act on health promotion issues which they are concerned about. For your copy, contact Health Promotion Branch, 3475 Albert Street, Regina, Saskatchewan S4S 6X6.

Individuals and communities can affect health in significant ways. Your actions on physical activity, nutrition, waste management, water quality, access to food, bike path, etc. can make a difference. The Community Resource Manual lists a number of agencies who provide programs and resource materials. Contact them if you want assistance in making your community a healthier place to live.

HEALTH PROMOTION ACTION

The *World Health Organization's (WHO) Ottawa Charter for Health Promotion* was developed to achieve health for all by the year 2000 and beyond. The Ottawa Charter was developed by participants from 38 countries who are convinced that if people in all walks of life, join forces in introducing health promotion action strategies in the following areas, health for all by the year 2000 will become a reality:

1. **Develop Personal Skills** through education and information. By doing so, it increases the options available to people to exercise more control over their health and environments and to make choices conducive to health.
2. **Create Supportive Environments** that are safe, stimulating, satisfying and enjoyable and conducive to making healthy lifestyle choices.
3. **Strengthen Community Action** in setting priorities, making decisions, planning and implementing strategies to achieve better health.
4. **Build Healthy Public Policy** by putting health on the agenda of policy makers and making them aware of the health consequences of their decisions and their responsibility for health.
5. **Reorient Health Service** by complementing health care with health promotion.

GETTING STARTED

- ❑ Identify individuals and organizations in your area who may be interested in planning a health promotion event.
- ❑ Form planning committees and subcommittees and assign various duties to these groups.
- ❑ Identify your resources: people, money, materials, equipment, physical facilities. The "Who Can Help You" section of this guidebook will be helpful for this step.
- ❑ Set a date for your event and choose the activity. Decide whether to have one central event or many smaller ones.
- ❑ Decide who might be interested in attending and invite them out.
- ❑ Promote your program in a variety of ways such as on local radio/tv talk shows, and through public service announcements in the media, and in pamphlets and posters.
- ❑ Evaluate your program. Distribute an evaluation summary asking participants how they felt about the presenters or program.

Refer to page 84 for Community Project ideas.

ORGANIZATION MATRIX

Organizations / Issue Area	Equity	Environment	Accident Prevention	Alcohol and Drug Abuse	Communicable Diseases	Mental Health	Nutrition	Physical Activity	Smoking	General
Active Living Alliance for Canadians with a Disability								p. 56		
Acupuncture Foundation of Canada									p. 66	
AIDS Regina					p. 40					
AIDS Saskatoon					p. 40					
Al-Anon And Ala-Teen Information Services				p. 31						
Alcoholics Anonymous				p. 32						
CAA Saskatchewan Motor Club			p. 23							
Canada Safety Council			p. 23							
Canadian Association of Food Banks	p. 11									
Canadian Cancer Society, Saskatchewan Division						p. 45	p. 50		p. 66	p. 71
Canadian Diabetes Association, Saskatchewan Division							p. 50			
Canadian National Institute for the Blind								p. 56		
Canadian Red Cross Society, Saskatchewan Division			p. 24					p. 57		
Catholic Family Services						p. 45				
College of Physical Education								p. 57		
Discover Choices										p. 72
Dr. Paul Schwann Centre						p. 46	p. 51	p. 58		
Environment Canada		p. 18								

Organizations / Issue Area	Equity	Environment	Accident Prevention	Alcohol and Drug Abuse	Communicable Diseases	Mental Health	Nutrition	Physical Activity	Smoking	General
Family Service Bureau						p. 46				
Fitness Canada								p. 58		
Health and Welfare Canada, Health Services and Promotion Branch										p. 72
Health and Welfare Canada, Social Service Programs										p. 73
Health and Welfare Canada, Health Promotion Directorate	p. 12									
Heart and Stroke Foundation of Saskatchewan			p. 25			p. 47	p. 52	p. 59	p. 67	p. 73
Human Resources, Labour and Employment Occupational Health and Safety Branch		p. 19	p. 25							
John Howard Youth Activity Centre								p. 60		
Mental Health Association in Saskatchewan						p. 47				
Mothers Against Drunk Drivers (MADD)				p. 32						
Narcotics Anonymous				p. 33						
National Children and Youth Alliance								p. 60		
New Horizons										p. 74
North Central Health Centre	p. 12									
Open Door Society Inc.	p. 13									

Organizations / Issue Area	Equity	Environment	Accident Prevention	Alcohol and Drug Abuse	Communicable Diseases	Mental Health	Nutrition	Physical Activity	Smoking	General
PARTICIPaction: The Canadian Movement for Personal Well-Being										p. 74
Peer Counselling Association										p. 75
Person Living with AIDS Network of Saskatchewan Inc.					p. 41					
Pride Canada Incorporated				p. 33						
Pride Saskatoon Inc.				p. 34						
Quest International				p. 34						
RCMP				p. 35						
Recreation Centre								p. 61		
Regina City Health Department	p. 14				p. 41		p. 53		p. 68	p. 75
Regina Education and Action on Child Hunger Inc. (REACH)	p. 14									
Regina Environmental Group		p. 19								
Regina Home Economics for Living	p. 15									
Royal Canadian Legion										p. 76
Saskatchewan Alcohol and Drug Abuse Commission				p. 35						
SADAC Education Centre				p. 37						
SADAC Regional Service North				p. 37						
Sask Sport Inc.								p. 61		
Saskatchewan Cycling Association			p. 26							
Saskatchewan Dietetic Association							p. 54			

Organizations / Issue Area	Equity	Environment	Accident Prevention	Alcohol and Drug Abuse	Communicable Diseases	Mental Health	Nutrition	Physical Activity	Smoking	General
Saskatchewan Eco-Network		p. 20								
Saskatchewan Education				p. 38						
Saskatchewan Environment and Public Safety		p.20								
Saskatchewan Environmental Society		p. 21								
Saskatchewan Family Foundation										p. 76
Saskatchewan Health, Community Health - Prevention Services Branch			p. 27		p. 42	p. 48	p. 55			p. 77
Saskatchewan Health, Health Promotion Branch										p. 78
Saskatchewan Health, Laboratory and Disease Control Services Branch					p. 42					
Saskatchewan Health, Mental Health Services Branch						p. 48				
Saskatchewan Institute on the Prevention of Handicaps			p. 27	p. 38					p. 68	p. 79
Saskatchewan Literacy Campaign	p. 15									
Saskatchewan Lung Association									p. 69	
Saskatchewan Native Addictions Council Corporation (SNACC)				p. 39						
Saskatchewan Parks and Recreation Association (S.P.R.A)								p. 63		
Saskatchewan Public Health Association										p. 79
Saskatchewan Safety Council		p. 22	p. 28							

Organizations / Issue Area	Equity	Environment	Accident Prevention	Alcohol and Drug Abuse	Communicable Diseases	Mental Health	Nutrition	Physical Activity	Smoking	General
Saskatchewan Seniors' Fitness Association								p. 64		
Saskatchewan Seniors Mechanism										p. 80
Saskatchewan Seniors' Secretariat										p. 80
Saskatchewan Social Services	p. 16									
Saskatchewan Urban Municipalities Association (SUMA)										p. 81
Saskatoon Community Health Unit	p. 17				p. 44		p. 55		p. 69	p. 81
Saskatoon Family Service Bureau						p. 49				
Secretariat for Fitness in the Third Age								p. 64		
Seniors' Education Centre										p. 82
Seventh Day Adventist Church									p. 70	
SGI			p. 29							
Special Olympics								p. 65		
Students Against Drinking and Driving (SADD)				p. 39						
Support Groups for Older Farm Women in Saskatchewan										p. 82
University of Saskatoon - Agriculture			p. 30							
Wellness Information Services for the Elderly										p. 83
Women's Secretariat										p. 83
YW/YMCA								p. 65		

QUITY

Name: Canadian Association of Food Banks

Description:

- National organization of food banks with 3 goals:
  1. to conduct public education about hunger in Canada and look at long term solutions to hunger
  2. to provide a single point of contact for the food industry for national distribution of food donations
  3. to provide information exchange and education on food banks
- HungerWatch - a public education program on hunger in Canada.

Contact:

Canadian Association of Food Banks
372 Pacific Avenue
Toronto, Ontario
M6P 2R1
Phone: (416) 291-9069
Fax: (416) 494-2735

or

Regional Contact
Chairman
Regina Food Bank
1806 Albert Street
Regina, Saskatchewan
S4P 2S8
Phone: 359-1091

Name: Health and Welfare Canada, Health Promotion Directorate

Description:

- **Reaching the Hard To Reach - slide tape presentation and discussion guide.**

Contact:

Health Promotion Directorate
Health and Welfare Canada
603-213 Notre Dame Avenue
Winnipeg, Manitoba
R3B 1N3
Phone: (204) 983-2554

Name: North Central Health Centre

Description:

- **Provides services in preventive health checks, foot care clinics, clothing bank, food bank, wheels to meals, and volunteer services.**

Contact:

North Central Health Centre
1264 Athol St.
Regina, Saskatchewan
S4T 7V3
Phone: 757-1046

Name: Open Door Society

Description:

- Assists immigrants and promotes their early adjustment to and participation in the Saskatchewan community. It also promotes and extends community services to immigrants to foster greater awareness and understanding between the immigrant and the community.
- Settlement Services - provides a welcome to immigrants upon arrival, provides temporary accommodation and interpretation/translation and counselling.
- Host Program - provides personal care and services to assist refugees settle early, participate in language training classes and obtain employment.
- Community Programs - provides services which enable first-generation Canadians to become self-sufficient. Includes community awareness, resource centre, education and recreation activities.
- Employment and Training - 23 week training program focusing on life skills, interpersonal skills, practical job skills and self-directed job search.

Contact:

Saskatoon Open Door Society Inc.
52-158 2nd Avenue North
Saskatoon, Saskatchewan
S7K 2B3
Phone 653-4404

Yorkton Open Door Society Inc.
Suite 106 - 39 3rd Avenue North
Box 1793
Yorkton, Saskatchewan
S3N 3R2
Phone 782-1270

Regina Open Door Society Inc.
400-1836 Broad Street
Regina, Saskatchewan
S4P 1X6
Phone 352-2500

Name: Regina City Health Department

Description:

- Sunrise Health Program - offers health services to people of Indian ancestry. Presentations to interested groups and individuals.

Contact:

Regina City Health Department
1910 McIntyre Street
Regina, Saskatchewan
S4P 2R3
Phone: 777-6600

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Name: Regina Education and Action on Child Hunger Inc. (REACH)

Description:

- Non-profit corporation established through the joint effort of the community and the Mayor's Steering Committee which is responsible for implementation of Regina's Hunger Report.
- Coordinates snack and meal programs for hungry children and provides funding to help stabilize these programs in the community.

Contact:

Executive Director (REACH)
Scott Collegiate
Box 4482
Regina, Saskatchewan
S4P 3W7
Phone 525-3376

Name: Regina Home Economics for Living

Description:

- Hands on instruction in nutritious low-cost food preparation, food shopping trips, money management/ budgeting help, group classes, and training workshops.

Contact:

Regina Home Economics for Living
Box 3862
Regina, Saskatchewan
S4P 3R8
Phone: 347-7877

Name: Saskatchewan Literacy Campaign

Description:

- Its mandate is to plan and operate a campaign to assist adults and adolescents develop reading and writing skills.
- IBM Principle of the Alphabet Literacy System (PALS) Program - a computer program designed to improve the reading and writing skills of adults. There are nine permanent and four mobile labs. The project will conclude in June 1991.

Contact:

Regional Office of Education
3130 8th Street East
Saskatoon, Saskatchewan
S7K 2H6
Phone 933-5436

Name: Saskatchewan Social Services

Description:

- The department provides a variety of programs which assist persons in need toward independence. Major program divisions include:
- Income Security -provides basic income support services for individuals and families who, for various reasons, may not have sufficient income to meet their basic needs.
- Family Services - includes child protection services, adoption services, services to foster children, single parent support and other preventive services. The Department also provides assistance to victims of family violence through a number of funded non-government organizations.
- Community Living - provides and facilitates community-based services for persons who are physically or mentally disabled. Included are case management services, community board support, family support services, the early childhood intervention program, residential services, sheltered workshops and vocational rehabilitation services.
- Young Offenders Division - services included are alternative measures, judicial interim release, community alternative services, probation services, intensive supervision, attendance, open custody, community homes and secure custody.
- Child Care Branch - licenses child care centres and approves family child care homes. Families who require help in paying for licensed or approved child care are also provided with financial assistance.
- Employment Branch - services for social assistance clients include training, as well as job experience through employment creation projects. Regional referral services allow clients access to employment rehabilitation services, and educational upgrading in a school-based setting.

Contact:

Buffalo Narrows	235-4312
Creighton	688-3487
Estevan	634-0730
Fort Qu'Appelle	352-6281
Humboldt	682-2088
Kindersley	463-2033
LaLoche	822-2238
La Ronge	425-4544
Lloydminster	825-3079
Meadow Lake	236-3671
Melfort	752-6100
Melville	728-3777
Moose Jaw Area	694-3647
Moose Jaw City	694-3825
Nipawin	862-1700
North Battleford	446-7705
Prince Albert Area	953-2345
Prince Albert City	764-5291
Regina	787-3700
Rosetown	882-4442
Saskatoon	933-7802
Swift Current	778-8219
Weyburn	848-2404
Wynyard	554-2577
Yorkton	786-1300

Name: Saskatoon Community Health Unit

Description:

- Child Hunger and Education Program (CHEP) - using a community development approach, CHEP supports feeding programs for children who may not be receiving adequate nutrition at home, nutrition education for all school age children and increased community awareness of the problem of child hunger.

Contact:

Child Hunger and Education Program
c/o Saskatoon Community Health Unit
310 Idylwyld Drive N
Saskatoon, Saskatchewan
S7L 0Z2
Phone: 975-7682

ENVIRONMENT

Name: Environment Canada

Description:

- The federal agency which works with provinces, municipalities, industry and interested groups and individuals to improve the quality of our environment
- Through the Public Information Program the following is available:
- Save It Kit - a practical family kit on saving the environment.
- What We Can Do For Our Environment - a guide offering hundreds of tips and suggestions on environmentally friendly habits for individuals to practise every day.
- Publication list for a number of resources on the environment.

Contact:

Communications Directorate
Environment Canada
300 Park Plaza
2365 Albert Street
Regina, Saskatchewan
S4P 4K1
Phone 780-6002

Name: Human Resources, Labour and Employment, Occupational Health and Safety Branch

Description:

- Workplace Hazardous Materials Information System (WHMIS) - a half day course providing an overview of the legislation, including detailed information on Materials Safety Data Sheets (MSDS) labels and

Contact:

Human Resources, Labour and Employment
Occupational Health and Safety Branch
6th floor
1870 Albert Street
Regina, Saskatchewan
S4P 3V7
Phone: 787-4496

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Name: Regina Environmental Group

Description:

- A new volunteer group, affiliated with the Saskatchewan Environmental Society, which is working to solve environmental problems in the city of Regina.
- The Group provides speakers on various topics to schools and community groups. One of the four active committees within the group is the Environmental Health Committee which has some written material and a number of speakers.

Contact:

Regina Environmental Group
2222 Princess Street
Regina, Saskatchewan
S4T 3T8
Phone: 352-0545

Name: Saskatchewan Eco-Network

Description:

- The Eco-Network is an umbrella group for environmental organizations in the province. They provide information on groups within Saskatchewan, and help these groups communicate with each other and with groups across Canada.
- They produce a bi-monthly newsletter and share an office with the Saskatchewan Environmental Society in the Environmental Resource Centre.

Contact:

Saskatchewan Eco-Network
103-219 22nd Street East
Saskatoon, Saskatchewan
S7K 0G4
Phone: 665-1915

Name: Saskatchewan Environment and Public Safety

Description:

- Responsible for the management, protection and enhancement of the province's air, water and land resources, and promotion of individual action for a healthy environment.
- Responsible Living Campaign - includes the following activities developed in consultation with environmental and educational experts, interest groups, industry and government departments:
- a series of brochures to provide people with information and tips for making environmentally positive decisions
- expansion of the returnable beverage container program to include non-refillable liquor, wine and imported beer bottles in addition to aluminum cans and plastic and glass soft drink bottles

- education programs and support materials for teachers, business groups and communities
- blue box pilot projects for a full range of recyclable materials in Lloydminster and Swift Current
- an expanded Clean Cat program in elementary schools
- speaker's bureau of department experts available as speakers or workshop leaders for business, schools and other groups

Contact:

Public Affairs
Saskatchewan Environment and Public Safety
3085 Albert Street
Regina, Saskatchewan
S4S 0B1
Phone 787-0740

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Name: Saskatchewan Environmental Society

Description:

- The Saskatchewan Environmental Society is a group of volunteers who identify important environmental issues of Saskatchewan people and encourage responsible action on these issues.
- Saskatchewan Environmental Society operates the Environmental resource Centre which provides written and audio-visual information on a variety of environmental topics; a bimonthly newsletter for members; speakers to talk on various issues, including waste reduction, composting, energy, etc. and special information packages for schools.

Contact:

Saskatchewan Environmental Society
Box 1372 (130-219 22nd Street East)
Saskatoon, Saskatchewan
S7K 3N9
Phone: 665-1915

Name: Saskatchewan Safety Council

Description:

- Pesticide Safety Workshop - a course focusing on creating awareness of possible hazards in all aspects of spraying and encouraging pesticide users to take all practical protective measures to reduce risk.

Contact:

Saskatchewan Safety Council
140 4th Avenue East
Regina, Saskatchewan
S4N 4Z4
Phone: 757-3197

ACCIDENT PREVENTION

Name: CAA Saskatchewan Motor Club

Description:

- Resource material on automobile safety.

Contact:

CAA Saskatchewan Motor Club
200 Albert Street North
Regina, Saskatchewan
S4R 5E2
Phone: 775-2292

Name: Canada Safety Council

Description:

- Information and resources on safety.
- Senior Alternatives: The Evolution of Safety - The proceedings and recommendations from a seminar in 1989 when people from a wide variety of interests and backgrounds discussed the issues associated with the aging Canadian population.

Contact:

Canada Safety Council
Unit 6, 2750 Stevenage Drive
Ottawa, Ontario
K1G 3N2
Phone: (613) 739-1535
Fax: (613) 739-1566

Name: Canadian Red Cross Society - Saskatchewan Division

Description:

- Child Safe Course - a course that will guide you through potential dangers in the home as well as your child's environment and will go through lifesaving First Aid in case of an emergency.
- Water Safety Pupil Training Program - a training program for people of all ages designed to instill safety mindedness in, or around the water and to teach swimming skills. The eight levels in the program are identified by colour. Safety awareness is stressed throughout the program, even during teaching of strokes and skills.
- Water Safety Instructor I, Instructor II, RLSSC Instructor - training to teach and continuously evaluate the Red Cross Water Safety Pupil Training Program. Candidates are also trained to teach the Royal Life Saving Society Program levels up to the Bronze Cross Award.

Contact:

Canadian Red Cross Society - Saskatchewan Division
Box 1185 (2571 Broad Street)
Regina, Saskatchewan
S4P 3B4
Phone: 352-4601
Fax: 757-2047

Name: Heart and Stroke Foundation of Saskatchewan

Description:

- Cardio-Pulmonary Resuscitation (CPR) Programs.

Contact:

Heart and Stroke Foundation of Saskatchewan
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 244-2124
1- 800-565-9000 (outside Saskatoon)
Fax: (306) 757-1300

or

Heart and Stroke Foundation of Saskatchewan
Regina Branch Office
2332 11th Avenue
Regina, Saskatchewan
S4P 0K1
Phone: 569-8433

Name: Human Resources, Labour and Employment, Occupational Health and Safety Branch

Description:

- Information on occupational health and safety and farm safety.
- Awareness education, regulatory enforcement of the *Occupational Health and Safety Act* and Regulations.
- Monitoring capacity for indoor air quality, noise, lighting, and safe working conditions in workplaces.
- Courses and school program on farm safety.
- Training for employers and employees on various safety topics.

- Aid in the development or improvement of an Occupational Health and Safety Program. Provides an overview of legislation and gives tips on how to make committees function more effectively.
- How to Conduct an Inspection and an Accident Investigation - a one day course designed to assist managers, supervisors and occupational health and safety committee members to find and remove hazards in the workplace before accidents occur.

Contact:

Human Resources, Labour and Employment
Occupational Health and Safety Branch
6th floor
1870 Albert Street
Regina, Saskatchewan
S4P 3V7
Phone: 787-4496

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Name: Saskatchewan Cycling Association

Description:

- Bicycle safety courses for all ages throughout Saskatchewan.

Contact:

Saskatchewan Cycling Association
2205 Victoria Avenue
Regina, Saskatchewan
S4P 0R8
Phone: 780-9200

Name: Saskatchewan Health, Community Health - Prevention Services Branch

Description:

- Public Health Nurses - Child safety education on request to parent groups and in schools.
- Dental Health Education Program - presentations on request to coaches, players and parents of participants in contact sports on the importance of dental protection in sports.

Contact:

Your local Health Region Office (see Appendix A)

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Name: Saskatchewan Institute on the Prevention of Handicaps

Description:

- Educational material on the prevention of injury to pre-school age children.

Contact:

Saskatchewan Institute on the Prevention of Handicaps
Box 81
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 966-2512

Name: Saskatchewan Safety Council

Description:

- On Your Own - A book for children learning to be at home alone.
- Seniors Safety Fair Project - A handbook for communities and individuals interested in staging a health and safety fair for seniors. Presentations and displays are available on request.
- Buckle Up Baby - Car seat rental program to benefit parents. A grant program covers 50% of the purchase price of car seats or spare parts up to a limit of $50.00 per year for each family.
- Back Injury Prevention Program - a program that emphasizes ergonomics, biomechanics, back fitness and muscle stretching.
- Community and Workplace Seatbelt Program - A workplace and community based safety belt program intended to encourage everyone in an organization/ community to wear car safety belts, both on and off the job.
- Defensive Driving Course - A program designed to help people correctly handle all types of driving situations and stay out of collisions.
- Farm Safety Workshops - One workshop is designed for women and features "hands on training" with farm equipment, as well as presentations on emergency response, etc. Also available is a workshop for members of the farm family focusing on various safety topics.
- Fire Control School - A 3 day school aimed at industry. Course includes theory on elements of fire, classifications of fire, types of fire extinguishers, operation, maintenance, inspection and recharging of extinguishers. Hands on portion includes practise in extinguishing live fires.
- Motorcycle Training - a basic course designed to teach the new rider the proper methods of operation of a motorcycle.

- Operation Lifesaver - a program designed to create awareness of the potential hazards of rail and highway crossings.
- Safe Kids Program - resource material on topics pertaining to different aspects of child safety.
- School Bus Safety Program - a course on professional driving skills and how to handle emergencies, evacuations, student driver relations, etc.
- Public Service Information Education Program - Vince and Larry crash dummies perform a live show to teach students about the importance of wearing a seatbelt.
- Students Against Drinking and Driving - High School based program designed to increase awareness of drinking and driving problems and to organize programs that reduce impaired driving accidents.
- Winter Survival Course - a course to help you prepare yourself and your vehicle to cope with winter. Includes items that you should have in your vehicle and how to handle all types of emergencies.

Contact:

Saskatchewan Safety Council
140 4th Avenue East
Regina, Saskatchewan
S4N 4Z4
Phone: 757-3197

Name: SGI

Description:

- Resource material on automobile and bicycle safety.

Contact:

SGI
Traffic Safety Promotions
2260 11th Avenue
Regina, Saskatchewan
S4P 0J9
Phone: 565-1416

Name: University of Saskatoon - Agriculture

Description:

- **Research and resource materials on preventative education on farm safety.**

Contact:

Dr. J. Dosman
Wing 3E
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 966-8286

ALCOHOL AND DRUGS

Name: Al-Anon and Ala-Teen Information Services

Description:

- A world-wide organization which provides support to members by sharing the common problems of loving someone or living with someone that drinks or abuses substances.

Contact:

Al-Anon and Ala-Teen Information Services
#11-2425 13th Avenue
Regina, Saskatchewan
S4P 0W1
Phone: 522-7500

Prince Albert:
Phone - 764-5759

Saskatoon:
Box 1184, S7K 3N4
Phone - 665-8434

Swift Current:
Phone - 773-7494

Name: Alcoholics Anonymous

Description:

- Alcoholics Anonymous is an entirely voluntary program for the purpose of bringing sobriety to alcoholics. A.A. is a fellowship of men and women who share their experience, strength and hope with each other in order to solve their common problem and to help others to recover from alcoholism.

Contact:

Lloydminster -	(403) 825-6611
Moose Jaw -	663-9138
North Battleford -	446-6166
Prince Albert -	764-9449
Regina -	352-0508
Rosetown -	882-2027
Saskatoon -	665-6727
Swift Current -	773-7494

Name: Mothers Against Drunk Drivers (MADD)

Description:

- MADD is an interest group working to eliminate drinking and driving on Canadian highways and respond to the needs of victims of alcohol-related accidents. MADD was brought to Canada in 1981 in a few short years has gained national attentio The organization has branches in British Columt Ontario, P.E.I., Nova Scotia and the Yukon. MAI will provide guest speakers accompanied by films printed matter to anyone requesting it.

Contact:

MADD
704A 6th Street
New Westminster, British Columbia
V3L 3C5
Phone: (604) 524-0722

Name: Narcotics Anonymous

Description:

- To recover from drug addiction and to help others do the same.

Contact:

Moose Jaw: 926 Brown St., S6H 2Z2
Phone: 694-1653 or 693-3701

Saskatoon: 304 3rd Ave. N., S7K 2J1
Phone: 652-0875 or 382-7967

La Ronge: Clear Point Group, Box 338, S0J 1L0
Phone: 425-2394 or 425-3379

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Name: PRIDE Canada Incorporated

Description:

- PRIDE sponsors an annual Parent and Youth Conference, a toll free-line, circulates a national newsletter, is establishing a national resource centre, conducts research on the extent of drug use among youth, provides speakers for communities across Canada, sponsors one day conferences for community organizers training them on workshop organization for parent education.

Contact:

PRIDE Canada Incorporated
Ste. 111, College of Pharmacy
University of Saskatoon
Saskatoon, Saskatchewan
S7N 0W0
Phone: 1-800-667-3747
(outside Saskatoon)
343-1100 or 343-1136

Name: PRIDE Saskatoon Inc.

Description:

- To provide support and information for parents and children who encounter drug and alcohol related problems. To promote change within all segments of the community that will create a drug-free environment for our children.

Contact:

PRIDE Saskatoon Inc.
YMCA Building
25 22nd St. East
Saskatoon, Saskatchewan
S7K 0C7
Phone: 955-6262

Name: Quest International

Description:

- Lions Clubs International, in cooperation with Quest International, supports and promotes two programs aimed at reducing alcohol and other drug problems. They are called "Skills for Adolescence" for grades 6-9 and "Skills for Growing" for grades K- 5.

Contact:

Provincial Coordinator
Quest International
1729 Prince of Wales Avenue
Saskatoon, Saskatchewan
S7K 3E6
Phone: 975-2863

Name: R.C.M.P.

Description:

- All RCMP detachments have an alcohol and drug liaison officer who will do presentations in the community and in schools.

Contact:

Your Local RCMP Detachment

or

"F" Division Drug Awareness Co-ordinator
6101 Dewdney Avenue
Regina, Saskatchewan
S4P 3K7
Phone: 780-7499

Name: Saskatchewan Alcohol and Drug Abuse Commission (SADAC)

Description:

- Awards for Chemical Free Graduations - awards are given to schools who hold a drug free celebration.
- Alcohol and Other Drugs/Services Directory - provides an overview of alcohol/drug-related community resources in Saskatchewan.
- Alcohol, Drugs and Seniors - a resource module to increase the awareness of the needs and problems of seniors related to alcohol and other drugs and to encourage community personnel to work together to develop treatment programs and services suited to this age group.
- Peers Helping Peers - a two day workshop providing practical instruction on how to promote, establish, and maintain a peer support program within a school.

- Professional Awareness Program - a one day session provided to legal, education, medical, social work, mental health, clergy, and pharmacists. The program provides information on alcohol and drug use and abuse; and information on assessing referral services.
- Parent Awareness Program - an eight hour course designed as an early prevention program for parents and guardians of children 8 -14 years. Participants receive basic information on alcohol and other drugs, signs and symptoms, effective family communication, enhancing parenting skills and accessing community services.
- Legal Considerations - a one day workshop for school administrators, board members, counsellors and teachers. The workshop acquaints participants with legal implications of the management of alcohol and drug incidents in the school and at school-related events.
- Drug Awareness Week - provincial displays and presentations, workshops, film/video and library displays.
- SADAC Resource Library - books and reports can be borrowed at no charge. They also have a large supply of pamphlets, posters and Fast Fact Sheets. These can be supplied in limited quantities at no charge.

Contact:

Your local SADAC Regional Office

or

SADAC
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7
Phone: 787-7800

Name: SADAC Education Centre

Description:

- Mini- Course - Community Education - This Mini-Course is a five day course for professionals and other interested people. It provides basic facts, examines beliefs and attitudes, and tries to find solutions based on new insights and understanding about alcoholism and other drug related problems.

Contact:

SADAC Education Centre
2003 Arlington Avenue
Saskatoon, Saskatchewan
S7K 2H6
Phone: 933-5849

Name: SADAC Regional Service North

Description:

- Northern Mini-Course - a three day course specifically for people from northern communities. It is designed to address issues about alcohol and drugs relevant to people in northern Saskatchewan.

Contact:

Director, Regional Services North
SADAC
P.O. Box 5000
La Ronge, Saskatchewan
S0J 1L0

Name: Saskatchewan Education

Description:

- Alcohol and Drug Abuse Consultant - responds to school and community group requests for presentations and workshops. The consultant targets grade 6 - 12 students who are still in school, as well as parents. Topics include awareness, program options, self-help approaches, treatment and addicted youth, and ideas for preventing dependency.

Contact:

Saskatchewan Education
2220 College Avenue
Regina, Saskatchewan
S4P 3V7
Phone: 787-6068

Name: Saskatchewan Institute on the Prevention of Handicaps

Description:

- Public education, print and audio visual material on avoiding alcohol and drug use during pregnancy.

Contact:

Saskatchewan Institute on the Prevention of Handicaps
Box 81
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 966-2512

Name: Saskatchewan Native Addictions Council Corporation (SNACC)

Description:

- Provides addiction treatment and prevention services to Saskatchewan Native people.

Contact:

SNACC
329 College Avenue East
Regina, Saskatchewan
S4N OV9
Phone: 352-9601

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Name: Students Against Drinking and Driving (SADD)

Description:

- High school based program designed to increase awareness of drinking and driving problems and to organize programs that reduce impaired driving accidents.

Contact:

Saskatchewan Safety Council
140 4th Avenue East
Regina, Saskatchewan
S4N 4Z4
Phone: 757-3197

COMMUNICABLE DISEASES

Name: AIDS Regina

Description:

- Informs the public about acquired immune deficiency disease (AIDS).
- Provides support for people with AIDS and AIDS related illnesses and their family and friends.

Contact:

AIDS Regina
Box 432
Regina, Saskatchewan
S4P 3A2
Phone: Hotline - 525-0902
Factline - 525-0905

Name: AIDS Saskatoon

Description:

- Provides educational, social and emotional assistance to people with AIDS, their family and friends; provides information on AIDS and its prevention to the general public; supports AIDS research and educates the public about AIDS.

Contact:

AIDS Saskatoon
Box 4062
Saskatoon, Saskatchewan
S7K 4E3
Phone: 242-5005

Name: Person Living with AIDS Network of Saskatchewan Inc.

Description:

- Provide support services for persons living with AIDS and their friends and family. Also provides treatment information, medical information and information on social activities for persons with AIDS.

Contact:

PLWA: Network of Saskatchewan Inc.
Box 7123
Saskatoon, Saskatchewan
S7K 4J1
Phone: 373-7766

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Name: Regina City Health Department

Description:

- Immunization clinic for pre-school and school age children and immunization for travellers.
- AIDS and sexually transmitted disease (STD) education in schools and to community groups and organizations on request.
- Food handler courses to meet the needs of public eating establishment operators.

Contact:

Regina City Health Department
1910 McIntyre Street
Regina, Saskatchewan
S4P 2R3
Phone: 777-6600

Name: Saskatchewan Health, Community Health - Prevention Services Branch

Description:

- Safe Food Handling Course - a course directed towards food service employees and volunteers. It provides information on proper food handling techniques. May also be of interest to the homemaker.
- Pool Operators Course Level 1 and II - a course offering information on swimming pool operation and pool water quality and problem solving.
- AIDS and STD education on request to schools and community groups.
- Immunization provided for infants, preschoolers and school age children as well as immunization for travellers.

Contact:

Your local Health Region Office (see Appendix A)

Name: Saskatchewan Health, Laboratory and Disease Control Services Branch

Description:

- STD and tuberculosis (TB) Clinics are available throughout the province providing educational information and patient services.
- AIDS education and information is available through the Provincial AIDS Coordinator's office.

Contact:

Regina STD Clinic
Regina General Hospital
1440 14th Ave.
Regina, Saskatchewan
S4P 0W5
Phone: 359-4444

Prince Albert STD Clinic
Box 3003 2nd Floor, MacIntosh Mall
Prince Albert, Saskatchewan
S6V 6G1
Phone: 953-2413

Regina TB Clinic
Regina General Hospital
1440 14th Ave.
Regina, Saskatchewan
S4S 0W5
Phone: 359-4444

Saskatoon TB Control
5th Floor, Ellis Hall
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 933-3148

Prince Albert TB Clinic
Prince Albert Community Clinic
110 8th Street East
Prince Albert, Saskatchewan
S6V 0V7
Phone: 953-2915

Provincial AIDS Coordinator
Laboratory and Disease Control Services Branch
3211 Albert Street
Regina, Saskatchewan
S4S 5W6
Phone: 787-3148

Name: Saskatoon Community Health Unit

Description:

- AIDS Education and STD Clinic - AIDS education both in schools and for the general public. The Health Unit does run a STD Clinic with the ability to trace some of the STDs.
- Immunization Clinic for preschool and school age children as well as immunization for travellers.
- Food Safe - an innovative, multi-media food handler's training program which meets the needs of public eating establishments operators and community groups involved with food service.
- Swimming Pool Operator's Course - to meet the needs of public and semi-public swimming pool operators.

Contact:

Saskatoon Community Health Unit
101-310 Idylwyld Drive North
Saskatoon, Saskatchewan
S7L 0Z2
Phone: 975-7627

MENTAL HEALTH

Name: Canadian Cancer Society

Description:

- **Taking Control - one day workshop on controlling stressors in your life.**

Contact:

Canadian Cancer Society
2445 13th Avenue
Regina, Saskatchewan
S4P 0W1
Phone: 757-4260

Name: Catholic Family Services

Description:

- **General counselling for families and individuals using systematic therapy.**
- **Teen Parent Program - volunteers are matched with teen parents to assist them in all aspects of daily living.**
- **Family Life Education Program - programs are offered in parenting, relationships and personal matters.**
- **Employee Assistance Programs - counselling services under contract to employee groups.**

Contact:

Catholic Family Services
395 15th Avenue
Regina, Saskatchewan
S4N 0V1
Phone: 525-0521

Name: Dr. Paul Schwann Centre

Description:

- Offers a wide variety of health and physical activity services/programs to assist individuals in the adoption of a healthier lifestyle. Services and programs are available to the general public; corporate community; athletic groups; and special needs groups (rehabilitation for individuals with osteoporosis, arthritis, disabilities, injuries, back problems or heart disease).

Contact:

Dr. Paul Schwann Centre
University of Regina
Regina, Saskatchewan
S4S 0A2
Phone: 585-4070

Name: Family Service Bureau

Description:

- Speakers on family stress, teen stress, and family life education.

Contact:

Family Service Bureau
2020 Halifax Street
Regina, Saskatchewan
S4P 1T7
Phone: 757- 6675

Name: Heart and Stroke Foundation of Saskatchewan

Description:

- The Joy of Stress - video by Dr. Peter Hansen available on loan.

Contact:

Heart and Stroke Foundation of Saskatchewan
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 244-2124
1-800-565-9000 (outside Saskatoon)
Fax: (306) 757-1300

or

Heart and Stroke Foundation of Saskatchewan
Regina Branch Office
2332 11th Ave.
Regina, Saskatchewan
S4P 0K1
Phone: 569-8433

Name: Mental Health Association in Saskatchewan

Description:

- Provides direct community based services through 13 branches across the province.

Contact:

Mental Health Association in Saskatchewan
1810 Albert Street
Regina, Saskatchewan
S4P 2S8
Phone: 525-9543

Name: Saskatchewan Health, Community Health - Prevention Services Branch

Description:

- **Early Childhood Psychologist - assessment and therapy services for disturbed children and their families are provided.**

Contact:

Your local Health Region Office (see Appendix A)

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Name: Saskatchewan Health, Mental Health Services Branch

Description:

- **A range of services to help people cope with stress.**

Contact:

Your local Mental Health Region Office (Appendix B)

Name: Saskatoon Family Service Bureau

Description:

- Counselling for families, individuals and couples.
- Family Mediation - for those in process of separation or divorce. Provides an alternate method of resolving disputes.
- Teen Parent Program - provides direct individual and group programs for teen parents.
- Young Offenders Program - young offenders are matched with a volunteer to assist in rehabilitation.
- Domestic Abuse Program - group program for women in or who have been involved in abusive relationships.
- Family Life Education - offers specific programs focusing on specific issues or groups. Examples are stress, family violence, parenting of children and couples' issues (pre-marital preparation).
- Employee Assistance Program - counselling services under contract to employee groups.
- Plays for Living - live drama presentations focused on family and community issues. Moderate discussion of issue follows.

Contact:

Saskatoon Family Service Bureau
443 2nd Avenue North
Saskatoon, Saskatchewan
S7K 2C1
Phone: 244-0127

NUTRITION

Name: Canadian Cancer Society, Saskatchewan Division

Description:

- Representatives will give presentations on diet and proper nutrition.
- A variety of resource material and overhead transparencies are available on nutrition.
- "Smart Cooking Quick and Tasty Recipes for Healthy Living" by Anne Lindsay. Also available from your local book store.

Contact:

Canadian Cancer Society
Saskatchewan Division
2445 13th Avenue
Regina, Saskatchewan
S4P 0W1
Phone: 757-4260

Name: Canadian Diabetes Association, Saskatchewan Division

Description:

- Dietary/nutritional guidelines are outlined in the Good Health Eating guide available in booklet, poster and pamphlet form. The pamphlet is also available in large print for people with low vision.
- Choice Cooking - a booklet of recipes for tasty, nutritious foods that are suitable for the person with diabetes and can be enjoyed by the whole family.

- **Food Choices in the Marketplace - gives factual information about foods and beverages commonly found in the marketplace. The energy, carbohydrate, protein, fat and Canadian Diabetes Association Food Choice values are listed for many foods/beverages available on grocery store shelves and from fast food restaurants in Canada.**

Contact:

Your local branch of the Canadian Diabetes Association

or

Canadian Diabetes Association, Saskatchewan Division
104 - 2301 Avenue C North
Saskatoon, Saskatchewan
S7L 5Z5
Phone: 933-1238

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Name: Dr. Paul Schwann Centre

Description:

- **Offers a wide variety of health and physical activity services/programs to assist individuals in the adoption of a healthier lifestyle. Services and programs are available to the general public; corporate community; athletic groups; and special needs groups (rehabilitation for individuals with osteoporosis, arthritis, disabilities, injuries, back problems or heart disease).**

Contact:

Dr. Paul Schwann Centre
University of Regina
Regina, Saskatchewan
S4S 0A2
Phone: 585-4070

Name: Heart and Stroke Foundation of Saskatchewan

Description:

- Nutritional guidelines poster for use in kitchens, cafeterias and classrooms. The guidelines are also available in booklet form for physicians and other health care professionals.
- *The Lighthearted Cookbook*, featuring recipes that limit total fat, calories and salt and increase fibre intake. Also available from your local book store.
- Heart Smart Cooking Course created to teach participants basic concepts of nutrition and health.
- Heart Smart Restaurant Program aimed at helping people make healthy choices when eating in participating restaurants.

Contact:

Heart and Stroke Foundation of Saskatchewan
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 1-800-565-9000
244-2124 (in Saskatoon)
Fax: (306) 757-1300
or

Heart and Stroke Foundation of Saskatchewan
Regina Branch Office
2332 11th Avenue
Regina, Saskatchewan
S4P 0K1
Phone: 569-8433

Name: Regina City Health Department

Description:

- Big Ideas in Nutrition - workshops available for elementary school teachers to help them teach nutrition in the classroom.
- Eat Smart for Your Heart - presentation for the general public in eating "the lower fat" way.
- Grocery Store Tours - an aisle by aisle education session lead by a public health nutritionist.

Contact:

Regina City Health Department
1910 McIntyre Street
Regina, Saskatchewan
S4P 2R3
Phone: 777-6600

Name: Saskatchewan Dietetic Association

Description:

- Nutrition Month information for special events and other materials.
- Dial-Nutrition Ask a Dietitian telephone answering line for accurate nutrition information in both Regina and Saskatoon. A volunteer registered dietitian will return calls throughout the province.

  Saskatoon - Phone 242-7118

  Regina - Phone 565-0699
- *Eat Well, Live Well* book featuring ways to plan a varied diet of delicious meals that include your favourite foods, while keeping fat and calories under control and providing plenty of fibre. Available from your local book store.

Contact:

Saskatchewan Dietetic Association
Box 3894
Regina, Saskatchewan
S4P 3R8
Phone: 359-3040

Name: Saskatchewan Health, Community Health - Prevention Services Branch

Description:

- Big Ideas in Nutrition - workshops available for elementary school teachers to help them teach nutrition in the classroom.
- Eat Smart for Your Heart - presentation for the general public on eating "the lower fat" way.
- Grocery Store Tours - an aisle by aisle education session lead by a public health nutritionist.
- Presentations to groups on various nutrition topics.

Contact:

Your local Health Region Office (see Appendix A)

Name: Saskatoon Community Health Unit

Description:

- Big Ideas in Nutrition - workshops available for elementary school teachers to help them teach nutrition in the class room
- Eat Smart for Your Heart - presentation for the general public in eating "the lower fat" way.
- Grocery Store Tours - an aisle by aisle education session lead by a public health nutritionist.

Contact:

Saskatoon Community Health Unit
101 -310 Idylwyld Drive
Saskatoon, Saskatchewan
S7L 02Z
Phone: 975-7627

PHYSICAL ACTIVITY

Name: Active Living Alliance for Canadians with a Disability

Description:

- Resource materials in support of physical activity and Canadians with a disability.

Contact:

Active Living Alliance for Canadians with a Disability
Suite 312
Canadian Sport and Fitness Administration Centre
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4
Phone: (613) 748-5747

Name: Canadian National Institute for the Blind

Description:

- Physical activities and events for visually impaired persons (V.I.P.).

Contact:

CNIB
2550 Broad Street
Regina, Saskatchewan
S4P 3E1
Phone: 525-2571

Name: Canadian Red Cross Society

Description:

- A moderate exercise program for well, but inactive seniors. It is an effective entry point to other fitness programs. Exercises are designed to accommodate the abilities and needs of the participants. The program is run by volunteer leaders trained by the Canadian Red Cross Society.

Contact:

Your nearest Red Cross Representative

or

Fun & Fitness
Canadian Red Cross Society
Saskatchewan Division
Box 1185 (2571 Broad Street)
Regina, Saskatchewan
S4P 3B4
Phone: 352-4601

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Name: College of Physical Education

Description:

- Physical fitness assessments, physical activity program development and lifestyle counselling.

Contact:

College of Physical Education
University of Saskatchewan
Saskatoon, Saskatchewan
S7N 0W0
Phone: 966-6466
Fax: 966-6502

Name: Dr. Paul Schwann Centre

Description:

- Offers a wide variety of health and physical activity services/programs to assist individuals in the adoption of a healthier lifestyle. Services and programs are available to the general public; corporate community; athletic groups; and special needs groups (rehabilitation for individuals with osteoporosis, arthritis, disabilities, injuries, back problems or heart disease).

Contact:

Dr. Paul Schwann Centre
University of Regina
Regina, Saskatchewan
S4S 0A2
Phone: 585-4070

Name: Fitness Canada

Description:

- Resources and posters on fitness for all ages.

Contact:

Fitness Canada
365 Laurier West
Ottawa, Ontario
K1A 0X6
Phone: (613) 992-8941

Name: Heart and Stroke Foundation of Saskatchewan

Description:

- Encourages students to jump rope for their heart health and promotes the concept of life-long benefits from physical activity. (An educational program available to every school in Saskatchewan).

Contact:

Heart and Stroke Foundation of Saskatchewan
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 244-2124
1-800-565-9000 (outside Saskatoon)
Fax: (306) 757-1300

or

Heart and Stroke Foundation of Saskatchewan
Regina Branch Office
2332 11th Ave.
Regina, Saskatchewan
S4P 0K1
Phone: 569-8433

Name: John Howard Youth Activity Centre

Description:

- Prince Albert and Moose Jaw have youth activity centres, open to individuals between the ages of 12 and 16 years. The programs are directed to youth v have come into conflict with the law or have the potential to do so. The program offers camping and day excursions during the summer months.

Contact:

John Howard Youth Activity Centre
432 13th Street West
Prince Albert, Saskatchewan
S6V 3G5
Phone: 764-6439 or 764-6430

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Name: National Children and Youth Alliance

Description:

- A Secretariat to facilitate cooperation, coordinati and collaboration among key partners to encoura and enable all Canadian children and youth to liv actively. Newsletter (InterAction), video and reso list available.

Contact:

National Children and Youth Alliance Office
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4
Phone: (613) 748-5735
Fax: (613) 748- 5734

Name: Recreation Centre

Description:

- A variety of fitness activities are offered to a number of target groups (seniors, children, natives, adults, family, women etc.) through your local recreation centre. Fitness activities include:

  Tai Chi, Swimming, Basketball, Tennis, Volleyball, Yoga, Curling, Track and Field, Golf, Handball, Hockey, Fitness Classes, Judo, Gymnastics, Soccer, Rowing, Ringette, Boxing

Contact:

Contact your local recreation centre.

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Name: Sask Sport Inc.

Description:

- A federation of provincial sport governing bodies.

Active members:

Saskatchewan Archery Association	781-4804
Saskatchewan Badminton Association	780-9200
Saskatchewan Baseball Association	780-9200
Basketball Saskatchewan Inc.	780-9200
Saskatchewan Baton Twirling Association	975-0800
Bowling Federation of Saskatchewan	780-9200
Saskatchewan Amateur Boxing Association	975-0800
Saskatchewan Broomball Association	780-9200
Saskatchewan Canoe Association Inc.	780-9200
Saskatchewan Cricket Association Inc.	585-4466
Saskatchewan Curling Association Inc.	780-9200
Saskatchewan Ladies Curling Association	780-9200
Saskatchewan Cycling Association Inc.	780-9200
Saskatchewan Darts Association Inc.	924-2150
Canadian Amateur Diving Association - Sask Division	975-0848
Saskatchewan Fencing Association	653-0591
Saskatchewan Field Hockey Association	780-9256

Canadian Figure Skating Association (Sask Section)	780-9200
Saskatchewan Amateur Football Association	780-9200
Saskatchewan Golf Association	975-0834
Canadian Ladies Golf Assoc. (Sask. Division)	665-2449
Saskatchewan Gymnastics Association	780-9200
Saskatchewan Handball Association	780-9200
Saskatchewan Handgun Association	748-2317
Horseshoe Saskatchewan Inc.	746-4345
Judo Saskatchewan	780-9421
Saskatchewan Karate Association	569-8565
Saskatchewan Lacrosse Inc.	780-9200
Saskatchewan Lawn Bowling Association	780-9426
Saskatchewan Raquetball Association	525-5516
Saskatchewan Rhythmic Sportive Gymnastics	745-2947
Saskatchewan Provincial Rifle Association	244-2021
Ringette Association of Saskatchewan Inc.	352-3505
Saskatchewan Rowing Association Inc.	780-9295
Saskatchewan Rugby Union	780-9200
Saskatchewan Sailing Clubs Association	955-8889
Saskatchewan Skeet Shooting Corporation	442-2110
Saskatchewan Skiing Association - Alpine	780-9200
Saskatchewan Skiing Association - Biathlon	780-9200
Saskatchewan Skiing Association - Cross-Country	780-9200
Saskatchewan Skiing Association - Disabled	780-9200
Saskatchewan Provincial Small Bore Association Inc.	787-3472
Soaring Association of Saskatchewan	584-5216
Saskatchewan Soccer Association Inc.	780-9200
Softball Saskatchewan	780-9200
Saskatchewan Amateur Speedskating Association	780-9400
Sport Parachute Association of Saskatchewan Inc.	249-2486
Saskatchewan Squash Inc.	780-9293
Swim Saskatchewan Inc.	780-9200
Canadian Amateur Synchronized Swimming Association Inc.	780-9200
Saskatchewan Table Tennis Association Inc.	975-0800
Saskatchewan Tae Kwon Do Federation Inc.	525-0005
Saskatchewan Team Handball Federation Inc.	780-9200
Saskatchewan Tennis Association	780-9200
Saskatchewan Track and Field Association	664-6744

Saskatchewan Amateur Trapshooting Association	623-4391
Saskatchewan Triathlon Association	933-6789
Saskatchewan Volleyball Association	780-9200
Saskatchewan Waterpolo Association Inc.	780-9260
Saskatchewan Water Ski Association Inc.	982-4861
Saskatchewan Weightlifting Association	692-3099
Saskatchewan Amateur Wrestling Association	780-9200

Affiliated Members

Saskatchewan Blind Sports Association	780-9425
Saskatchewan Deaf Sports Association	934-3494
Saskatchewan High School Athletics Association	721-2151
Prairie Athletic Council	
Saskatchewan Special Olympics Association	780-9277
Saskatchewan Wheelchair Sports Association	787-3845
U of R, Faculty of Physical Activity Studies	585-4360
U of S, College of Physical Education	966-5492

Contact:

Sask Sport Inc.
1870 Lorne Street
Regina, Saskatchewan
S4P 2L7
Phone: 780-9300

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Name: Saskatchewan Parks and Recreation Association (S.P.R.A.)

Description:

- National Certification Program, written and oral exam included. LENGTH: 26 - 30 hours

Contact:

Saskatchewan Parks and Recreation Association (SPRA)
2205 Victoria Ave.
Regina, Saskatchewan
S4P 0S4
Phone 780-9231

Name: Saskatchewan Seniors' Fitness Association

Description:

- Resource material for seniors' fitness
- Fitness leadership certification courses
- Saskatchewan Seniors Games - recreational activities for older adults 55 +, which include: carpet bowling, horse shoes, old time dancing, cribbage, snooker, shuffle board, golf, track and field, bowling and more.

Contact:

Saskatchewan Seniors Fitness Association
Box 1131
Moosomin, Saskatchewan
S0G 3N0
Phone: 435-3044

Name: Secretariat for Fitness in the Third Age

Description:

- The Secretariat provides a database of information regarding active living and its relationship to aging and older adults. A newsletter (A Fit Third Age) is available upon request as well as several other publications.

Contact:

Secretariat for Fitness in the Third Age
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4
Phone: (613) 748-5726
Fax: (613) 748-5734

Name: Special Olympics

Description:

- Sport, fitness and physical recreation for mentally handicapped persons.

Contact:

Saskatchewan Special Olympics
1850 Cornwall Street
Regina, Saskatchewan
S4P 2K2
Phone: 780-9247

Name: YM/YWCA

Description:

- A variety of fitness activities.

Contact:

Contact your local YM\YWCA

MOKING

Name: Acupuncture Foundation of Canada

Description:

- The name of a physician who performs acupuncture will be given for any location requested.

Contact:

Acupuncture Foundation of Canada
57 Simcoe Street South
Ste. 2M
Oshawa, Ontario
L1H 4E4
Phone: (416) 723-8970
or (416) 968-1366

Name: Canadian Cancer Society, Saskatchewan Division

Description:

- Smoking and Health Kits - Education kits for children aged 3-12.
- In Control - a video on how to quit smoking, avaiiable for loan.
- Presentations and resource material available on request.

Contact:

Canadian Cancer Society Saskatchewan Division
2445 13th Avenue
Regina, Saskatchewan
S4P 0W1
Phone: 757-4260

Name: Heart and Stroke Foundation of Saskatchewan

Description:

- Smoke-Free Spaces for Kids - This program motivates adults to provide exemplary behaviour and to create a smoke-free environment. In Saskatchewan this program is jointly facilitated by Saskatchewan Health (grades 9-12) and the Saskatchewan Heart and Stroke Foundation (K-8 and community groups).
- Resource material available on request.

Contact:

Heart and Stroke Foundation of Saskatchewan
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 244-2124
1-800-565-9000 (outside Saskatoon)
Fax: (306) 757-1300

or

Heart and Stroke Foundation of Saskatchewan
Regina Branch Office
2332 11th Ave.
Regina, Saskatchewan
S4P 0K1
Phone: 569-8433

Name: Regina City Health Department

Description:

- Quit For Good - Smoking cessation classes for people who wish to quit smoking. Workplace programs are also offered.
- Resources available on request.

Contact:

Regina City Health Department
1910 McIntyre Street
Regina, Saskatchewan
S4P 2R3
Phone: 777-6603

Name: Saskatchewan Institute on the Prevention of Handicaps

Description:

- Public education, print and audio visual material on avoiding alcohol and drug use during pregnancy.

Contact:

Saskatchewan Institute on the Prevention of Handicaps
Box 81
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 966-2512

Name: Saskatchewan Lung Association

Description:

- Resource guide kits - An annual publication outlining available resources and their appropriate audience.
- Smoking Cessation Programs - classes for all people who wish to quit smoking.
- In Control - a video on how to quit smoking, available for loan.
- Presentations and resource material available on request.

Contact:

Saskatchewan Lung Association
1231 8th Street East
Saskatoon, Saskatchewan
S7H 0S5
Phone: 343-9511
Fax: 343-7007

Name: Saskatoon Community Health Unit

Description:

- In Control - Smoking cessation classes for all people who wish to quit smoking. Workplace programs are also offered.
- Resources available on request.

Contact:

Saskatoon Community Health Unit
101-310 Idylwyld Drive
Saskatoon, Saskatchewan
S7L 0Z2
Phone: 975-7627

Name: Seventh Day Adventist Church

Description:

- Smoking cessation classes for people who wish to quit smoking.

Contact:

Contact the local Seventh Day Adventist Church in your area

or

Seventh Day Adventist Church -
Manitoba/Saskatchewan Conference
1004 Victoria Avenue
Saskatoon, Saskatchewan
S7N 0Z8
Phone: 244- 9700

GENERAL

Name: Canadian Cancer Society

Description:

- Taking Control - a new lifestyle program including diet, suntanning, limiting alcohol, smoking and exercise.
- An annual education conference dealing with "Lifestyle Choices". This focuses on students in grades 10 and 11 from throughout the Province. This two-day conference requests participants to take information and activate health programs in their communities.

Contact:

Canadian Cancer Society
Saskatchewan Division
2445 13th Avenue
Regina, Saskatchewan
S4P 0W1
Phone: 757-4260

Name: Discover Choices

Description:

- Discover Choices enables older adults to make informed choices about their lives, look after themselves and each other, and to contribute to the life of their communities.

Contact:

Discover Choices
University of Regina Extension
Room 202, College Building
College Avenue & Scarth St.
Regina, Saskatchewan
S4S 0A2
Phone: 779-4728
Fax: 779-4825

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Name: Health and Welfare Canada, Health Services and Promotion Branch

Description:

- A variety of publications are available on many different health issues. A catalogue and order form are available.

Contact:

Branch Publications Unit
Health Services and Promotion Branch
5th Floor, Jeanne Mance Building
Ottawa, Ontario
K1A 1B4
Phone: (613) 954-8576

Name: Health and Welfare Canada, Social Service Programs

Description:

- The Seniors Independence Program is designed to help seniors improve their health, well-being and independence, and enhance their quality of life. The program provides funding for appropriate projects proposed by groups and organizations.

Contact:

Health and Welfare Canada
Social Service Programs
340 Graham Avenue
Winnipeg, Manitoba
R3C 4C2
Phone: (204) 983-2833
They will accept collect calls.

Name: Heart and Stroke Foundation of Saskatchewan

- A blood pressure program that focuses on self care and wellness and encourages people to have their blood pressure checked.

Contact:

Saskatchewan Heart and Stroke Foundation
279 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H8
Phone: 244-2124

Name: New Horizons

Description:

- New Horizons is a federal government program which gives funds for projects to groups of older Canadians.

Contact:

New Horizons
4th floor, Federal Building
1975 Scarth Street
Regina, Saskatchewan
S4P 3K4
Phone: 780-5355

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Name: PARTICIPaction: The Canadian Movement For Personal Well-Being

Description:

- Encourages and enables Canadians to adopt healthy behaviours through public service advertising, the development and sale of educational materials and creation of sponsored fitness promotions with specific corporations and government groups.

Contact:

PARTICIPaction
Box 64 40 Dundas Street West
Suite 220
Toronto, Ontario
M5G 2C2
Phone: (416) 977-7467

Name: Peer Counselling Association

Description:

- Assists people who want to begin a peer counselling program in their school and provides further training for those who have a program.

Contact:

Peer Counselling Association
Box 880
Fort Qu'Appelle, Saskatchewan
S0G 1S0
Phone: 332-4530

Name: Regina City Health Department

Description:

- Health inquiries on various issues can be answered by a public health nurse, Monday - Friday, 8:00 a.m. - 4:45 p.m. Phone: 777-6654.
- Presentations to groups on various health issues.
- Seniors Wellness Education - presentations on request.

Contact:

Regina City Health Department
1910 McIntyre Street
Regina, Saskatchewan
S4P 2R3
Phone: 777-6600

Name: Royal Canadian Legion

Description:

- **Seniors Program - the Royal Canadian Legion is providing services for Canadian veterans and their families. They provide services in the areas of health, home support services, housing, and community services.**

Contact:

Your local branch
or

Royal Canadian Legion
Saskatchewan Command
3079 5th Avenue
Regina, Saskatchewan
S4T 0L6
Phone: 525-8739

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Name: Saskatchewan Family Foundation

Description:

- **Provides consultations with people across Saskatchewan about issues of concern to their families and their communities.**
- **Works together with government departments, community groups, agencies and individuals to make sure that all new programs and policies serve the best interests of families.**
- **Promotes information and services to help family members improve their family living skills.**
- **Helps your community organize a Forum About Families.**

Contact:

Saskatchewan Family Foundation
2161 Scarth Street
Regina, Saskatchewan
S4P 3V7
Phone: 787-0693 (in Regina)
1-800-667-2211 (outside Regina)

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Name: Saskatchewan Health, Community Health - Prevention Services Branch

Description:

- **Health professionals provide health education and health promotion on a wide variety of topics including prevention of health risks, AIDS and other communicable diseases, nutrition, dental health and safety.**
- **Child Development Education - community presentations on child development and parenting by early childhood psychologists, public health nurses and speech and language pathologists.**
- **Community presentations on wellness by public health nurses and nutritionists.**

Contact:

Your Local Health Region Office (see Appendix A)

Name: Saskatchewan Health, Health Promotion Branch

Description:

- Everyone Wins Community Grant Program - a grant is available to non-profit community groups to sponsor a health promotion program.
- Team Health - Saskatchewan Roughriders make presentations to students in grades 5 to 8. They speak on their experiences with lifestyle choices and how to make proper lifestyle choices.
- Promotional material and displays are available to non-profit community groups for use at any health promotion event.
- Educational material is available on the Everyone Wins seven health issues: Nutrition, Physical Activity, Stress, Accident Prevention, Alcohol and Drug Abuse, Smoking, and Communicable Diseases.

Contact:

Your local health region office, the Saskatoon Community Health Unit, Regina City Health (see Appendix A)

or

Health Promotion Branch
3475 Albert Street
Regina, Saskatchewan
S4S 6X6
Phone: 1-800-667-7766 (outside Regina)
787-3084 (in Regina)

Name: Saskatchewan Institute on the Prevention of Handicaps

Description:

- **Community Handbook - a valuable resource for volunteers, professionals, and groups to help them plan community based prevention education.**

Contact:

Saskatchewan Institute on Prevention of Handicaps
Box 81
Royal University Hospital
Saskatoon, Saskatchewan
S7N 0X0
Phone: 966- 2512

Name: Saskatchewan Public Health Association

Description:

- **Strengthening Community Health Project - educational programs with emphasis on community development.**

Contact:

Saskatchewan Public Health Association
P.O. Box 845
Regina, Saskatchewan
S4P 3B1

Name: Saskatchewan Seniors Mechanism

Description:

- The mechanism consists of a board of representatives from provincial seniors' organizations in Saskatchewan. The office functions as a clearing house for the collection and distribution of information. It is also a mechanism for funding and related resources, acting on behalf of existing or emerging provincial seniors organizations.

Contact:

Saskatchewan Seniors Mechanism
Room 133, College Building
College Avenue & Scarth Street
Regina, Saskatchewan
S4S 0A2
Phone: 779-4779
Fax: 779-4825

Name: Saskatchewan Seniors' Secretariat

Description:

- Grants for Senior Citizens' Services

Contact:

Palliser Building
2151 Scarth Street
Regina, Saskatchewan
S4P 3Z3
Phone: 787-2681 (in Regina)
or 1-800-667-7161 (outside Regina)

Name: Saskatchewan Urban Municipalities Association (SUMA)

Description:

- A project coordinator will visit municipalities and assist them in setting up healthy living committees. These committees will review the Healthy Living Goals and decide a plan of action for their community.

Contact:

SUMA
1819 Cornwall Street
Regina, Saskatchewan
S4P 2K4
Phone: 525-3727
Fax: 565-3552

Name: Saskatoon Community Health Unit

Description:

- Health Line - a health line available to the City of Saskatoon on all areas of health.

Contact:

Saskatoon Community Health Unit
101-310 Idylwyld Drive North
Saskatoon, Saskatchewan
S7L 0Z2
Phone # 975-7627

Name: Seniors' Education Centre

Description:

- The purpose of the Centre is to provide opportunities for stimulating and educational activities for older adults. The Senior's Education Centre offers over 70 non-credit courses each year, attended by nearly 1,700 senior registrants.

Contact:

Seniors' Education Centre
Room 112, College Building
College Avenue and Scarth Street
Regina, Saskatchewan
S4S 0A2
Phone: 779-4816

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Name: Support Groups for Older Farm Women in Saskatchewan

Description:

- This fifteen month project, funded by the Seniors Independence Program, Health and Welfare Canada, encourages self-help group development. A handbook and 27 minute video are available to farm and church organizations.

Contact:

Women's Inter-Church Council of Canada
77 Charles Street West
Toronto, Ontario
M5S 1K5

Name: Wellness Information Services for the Elderly (WISE)

Description:

- WISE Clinics may include:
- blood pressure testing
- urine testing
- vision and hearing testing
- health counselling
- medication awareness
- nutrition information
- weight monitoring
- haemoglobin testing
- foot care

Contact:

WISE Program Development Officer
23 Bell Crescent
Saskatoon, Saskatchewan
S7J 2W2
Phone: 374-9473

Name: Women's Secretariat

Description:

- Information on women's issues.

Contact:

Women's Secretariat
1914 Hamilton Street
Regina, Saskatchewan
S4P 4V4
Phone: 787-7401

COMMUNITY PROJECTS

Community involvement in health promotion programs is a goal of Everyone Wins. Some lifestyle activities your community may be interested in sponsoring are listed below. They are to get you thinking and talking about community projects and lifestyles. You may have other lifestyle activities in mind that are needed in the community. Some of the activities may be eligible for the Everyone Wins Community Grant. Contact your local health region office for further information. You may wish to sponsor projects which challenge members of your community to become involved in making lifestyle changes. You might also issue a challenge to another community to sponsor similar projects and compare your participation and changes in lifestyles. Information on "Challenging Another Community" follows this section.

1. Health Fair

A multi-group, multi-focus event with information about lifestyle issues and active involvement in testing to motivate people.

The fair provides the opportunity for members of the public to participate in:

- lung function test
- body mass index (BMI) and healthy weight assessment
- fitness test
- lifestyle assessment
- seatbelt safety
- others as identified by community needs assessment.

Some time must be provided for test interpretation, referrals, and follow-up.

2. Meet Your Neighbour/Help Your Neighbour

Introduce a project to assist community members to get to know each other and see how neighbors can help their

neighbours (e.g. Neighbourhood Watch, Meals-on-Wheels; home visits and/or telephone contacts for housebound people, bereavement groups, etc.).

3. Teach a Friend To _____ (name of activity)

An opportunity for neighbours or friends to teach others about a sport or hobby in order to encourage participation. This builds a support system necessary for people to continue to participate.

4. Community Education Programs

Information and education programs can be provided on topics such as:

- home/work safety
- bicycle safety and rodeo
- playground safety
- sexually transmitted diseases
- drugs
- alcohol
- stress management
- defensive driving
- physical activity
- nutrition, weight management

5. An-Activity-Besides-Bingo-Day (Under the P for Participate?)

An on-going promotion to encourage physically active and mentally stimulating programs in activity centres. The programs can provide an opportunity for exercise, contact with other community groups or an opportunity to organize some health promotion lifestyle activities for the community.

6. One Small Step

Pair a senior citizen with a child from a playschool, daycare or school to participate in activities (walking, playing, talking, eating).

7. Community Games Challenges

Provide an opportunity for members of community groups to challenge themselves, other groups and other communities to participate in fun, non-threatening (nonsense) activities. The focus is on fun and participation, not on competition. Their purpose is to increase participation and community spirit and help people get to know each other in their own community and in the "challenged" community.

8. Family Fun Challenge

As above but for families to participate in as a "team". The family challenge can be local or inter-community. The focus is on fun and participation in activities rather than competition.

9. The Golden Garbage Can Award

You may want to sponsor a community clean-up and challenge another community to sponsor a Clean Up Week. The Golden Garbage Can will be awarded to the community which has done the best job or:

- cleaning up abandoned houses
- providing safe playgrounds
- providing clean public washrooms

10. Accident Prevention Projects

Safety is a "state of mind". Encourage people to think about promoting safety.

a) Home Safe Home Safety programs can be provided on: poisons in the home, fire prevention, food storage and preparation, use of recreational vehicles and personal health care products, prevention of falls, and storage of medicines.

b) Bicycle safety programs and rodeos

c) Defensive driving

d) Playground design and safety

e) First aid and cardiopulmonary resuscitation (CPR)

CHALLENGING ANOTHER COMMUNITY

1. Look at a map of Saskatchewan and choose a community which is similar to yours in population and set up a friendly competition.
2. Identify the activity for "The Challenge." You may want to challenge another community to:
   - test their physical fitness level
   - test bicycle safety among riders of all ages
   - compare a community clean-up week to improve environmental health and safety
   - compare the number of "couch potatoes" who change their TV habits and become active
   - compare the number of smokers who quit, etc.
3. Identify the groups in your community who should participate. Identify the groups in the challenged community which should be included. (A Clean-Up Week will likely need to include the municipal or town council to assist with garbage collection. A bicycle rodeo usually involves traffic controllers. Fitness test or activities can involve fitness groups, etc.)
4. Identify the:
   - activity for "The Challenge"
   - sponsoring groups
   - goals (e.g. number of participants, fun, changes anticipated, etc.)
   - time frame (1 day, 1 week, 1 month, etc.) and date
   - measurement guidelines (How will you know who did "the best?")
   - challenged groups
   - prize or prizes
5. Write a letter to the challenged community to issue "The Challenge." Upon their acceptance, invite the media to promote "The Challenge" and encourage participation.
6. Recruit volunteers and participants. Plan to have fun.
7. Arrange media coverage for the awarding of prizes.

APPENDIX A

PUBLIC HEALTH OFFICES

#1 Swift Current Health Region
#27 - 350 Cheadle Street West
Swift Current, Saskatchewan S9H 4G3
Phone: 778-8422

#2 Moose Jaw-Assiniboia-Gravelbourg Health Region
#107 - 110 Ominica Street West
Moose Jaw, Saskatchewan
S6H 6V2
Phone: 694-3670

#3 Weyburn-Estevan Health Region
110 Souris Avenue
Weyburn, Saskatchewan
S4H 2Z9
Phone: 848- 2318

#5 Regina Rural Health Region
4211 Albert Street
Regina, Saskatchewan
S4P 3V7
Phone: 787-3169

#7 Rosetown-Biggar-Kindersley Health Region
P.O. Box 1300
Rosetown, Saskatchewan
S0L 2V0
Phone: 882-2633

#8 Saskatoon Rural Health Region
122 3rd Avenue North
Saskatoon, Saskatchewan
S7K 2H6
Phone: 933-5668

#10 Yorkton-Melville Health Region
72 Smith Street East
Yorkton, Saskatchewan
S3N 2Y4
Phone: 786-1600

#11 Melfort-Tisdale Health Region
P.O. Box 6500
Melfort, Saskatchewan
S0E 1A0
Phone: 752-6200

#12 Prince Albert Health Region
800 Central Avenue
P.O. Box 3003
Prince Albert, Saskatchewan
S6V 6G1
Phone: 953-2245

#13 North Battleford Health Region
Rm. 204 Provincial Building
1146 102nd Street
North Battleford, Saskatchewan
S9A 1E9
Phone: 446-7525

Northern Health Services Branch
Box 5000
La Ronge, Saskatchewan
S0J 1L0
Phone: 425- 4510

Regina City Health Department
1910 McIntyre St.
Regina, Saskatchewan
S4P 2R3
Phone: 777-6600

Saskatoon Community Health Unit
101-310 Idylwyld Drive
Saskatoon, Saskatchewan
S7L 02Z
Phone: 975-7627

APPENDIX B

MENTAL HEALTH OFFICES

Regina Mental Health Clinic
1942 Hamilton Street
Regina, Saskatchewan
S4S 5W6
Phone: 787-1444

Saskatoon Mental Health Clinic
4th Floor, Birks Building,
165 3rd Avenue South
Saskatoon, Saskatchewan
S7K 1L8
Phone: 933- 6500

Swift Current Mental Health Clinic
350 Cheadle Street West
Swift Current, Saskatchewan
S9H 4G3
Phone: 778-8366

Moose Jaw Mental Health Centre
Moose Jaw Union Hospital
Moose Jaw, Saskatchewan
S6H 1H3
Phone: 694-3750

Weyburn Mental Health Clinic
110 Souris Avenue North East
Weyburn, Saskatchewan
S4H 0C3
Phone: 848-2305

Yorkton Mental Health Clinic
Yorkton Union Hospital
270 Bradbrooke Drive
Yorkton, Saskatchewan
S3N 2K6
Phone: 786-1558

Prince Albert Mental Health Centre
Victoria Union Hospital
Prince Albert, Saskatchewan
S6V 6G1
Phone: 953-3855

Battlefords Mental Health Centre
1002 - 107th Street
North Battleford, Saskatchewan
S9A 3Z6
Phone: 446-7600

Mental Health Services
Northern Health Services Branch
Box 5000
La Ronge, Saskatchewan
S0J 1L0
Phone: 425- 4510